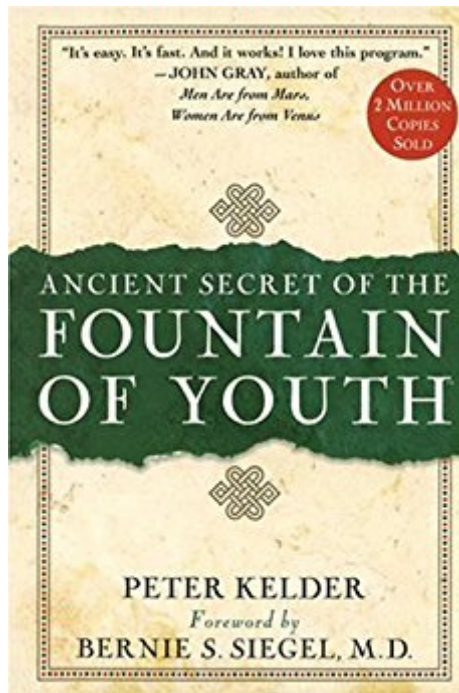




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# Ancient Secrets Of The Fountain Of Youth



## Synopsis

Legend has it that hidden in the remote reaches of the Himalayan mountains lies a secret that would have saved Ponce de Leon from years of fruitless searching. There, generations of Tibetan monks have passed down a series of exercises with mystical, age-reversing properties. Known as the Tibetan Rites of Rejuvenation or the Five Rites, these once-secret exercises are now available to Westerners in *Ancient Secret of the Fountain Of Youth*. Peter Kelder's book begins with an account of his own introduction to the rites by way of Colonel Bradford, a mysterious retired British army officer who learned of the rites while journeying high up in the Himalayas. *Fountain of Youth* then offers practical instructions for each of the five rites, which resemble yoga postures. Taking just minutes a day to perform, the benefits for practitioners have included increased energy, weight loss, better memory, new hair growth, pain relief, better digestion, and just feeling younger. From the Hardcover edition.

## Book Information

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## Customer Reviews

Sounds crazy, I know, but since I've been doing the five rites (it's a series of exercises), I have felt even better than before - and I already felt quite healthy and good. I am dedicated or maybe addicted to doing them every night now - I only do three to ten repetitions of each one, seems to be enough to make a difference. Sent my daughter a book and she claims it's made a giant difference for her too. Got the idea from my son who's very fit and he does them daily.

I came across this book while searching for some good anti-aging stuff. After reading reviews here I got its copy from local library (both part 1 & part 2 of this book). I was amazed with the idea of reversing the aging process and story of Col Bradford was captivating. However, as follower of eastern philosophy and yoga, idea of stopping the aging process was not new to me but getting the right stuff (procedure, food etc.) is almost impossible. Anyway, here's my observation: Started doing 5 rites on Monday, Oct 5th 2010 (evening) Doing these 5 rites everyday (3 reps) once in morning and once in the evening. Feeling more energetic and flexible. Oct 10th, 2010 went to park and a shopping mall that kept me walking & standing for almost four hours. Earlier, whenever I used to stand and walk for this much of time I used to feel tiredness/ache at the bottom part of my back that demanded to sit for a while. AMAZINGLY! I did not feel that ache or discomfort in my back that day. Neither, I felt urge to sit down and get some rest. I was tired but not exhausted as I used to be before. I will keep doing these wonderful rites and keep posting my experiences here. BTW, has anyone noticed any changes in their hairs? reverse-graying, hair re-grow etc? I am interested to know beneficial effects of these rites on hairs and if the graying can be reversed by them.

My dad stayed on me until I read this book, so glad I finally did! I am still in the beginning of this process but so far I can tell the difference in my stamina, sleep and overall well being. I have been having trouble with my neck and everytime I do these exercises it relieves the tension and pain I have been experiencing. I exercise on a regular basis but when I get done doing the five rites I feel a different kind of relaxed then I do from my regular exercise plan. My body has actually been craving the five rites, hard to explain but it just feels different. I have been recommending this book to all my friends just wish I would have found it sooner.

Wow! This is an excellent publication with excellent ideas. I have only been doing the Rites for a short time but what changes! First if all, I no longer have ANY trouble sleeping. At 3:00 a.m. I had been waking up and tossing the rest of the night. My weight has stabilized and with this I feel better. My wife has noticed that my arms are firming up and that my stomach has gotten smaller. My pants

are getting looser also. I only bought this book because I Googled "exercises for energy". What a surprise for me. I had been devoted to Qigong for the last nine years but no longer for me. The Rites are easy and I look forward to doing them. I can only imagine what the future holds after I have been doing them for awhile. My advice is for everyone to buy this book and see the results as they unfold in your life. My attitude has improved for the better along with my outlook on life. Only buy this publication if you want to make positive changes in yourself. Just wait till other people start making compliments about you.....this is so uplifting.

About 15 years ago a friend of mine was practicing these rites and though I was into yoga at the time, I never really looked into this book or the rites. Now 15 years later and 30 pounds over my normal weight (marriage and kids...heehee), I purchased the book. I have been practicing the rites 7 days a week with the exception day here and there for the past three months and have seriously got to within 5 pounds of my normal weight. Like all exercise you have to practice often to see results. Since I have a pretty extensive past with yoga, it is very enjoyable for me. I only do the 5 main rites though. The other two mentioned in the book are not for me nor do they help with weight loss. Great book for my collection!

If you want to enjoy life without taking tons of medicine and do whatever you wish for yourself as you grow older then read this book and start living your life with these few exercises it is teaching you to do. Very difference easy to do just 15 minutes a day makes a world of differences even 15 minutes 3 times a week you wouldn't believe how much your over all health and physical condition will improve.

Someone on these reviews said, don't believe the hype. I'm telling you that this book works. This is what happened when I started the rites: After a few days, I noticed a rush of energy. Then I started feeling strong. Within a week and a half, I noticed that my pants were getting loose around the waist, partially due to the fact that my craving for sugar and fats was disappearing. Then I noticed that color was returning to my face after 3 weeks. After a month month and a half, wrinkles were less noticable? Then I noticed that my hair was coming in dark at the roots. Amazing. I am going to stay with these rites. One other thing. The book is advertised at "5 Tibetan Rites", but there is a 6th rite, possibly the most important that caps off all the other ones.....

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